

Aromatase Inhibitor Foods

Foods and nutrients that inhibit aromatase activity and as a result suppress excess estrogen biosynthesis:

- Artichokes
 - Arugula
 - Blueberries & Bilberries
 - Broccoli & Broccoli Sprouts
 - Brussels Sprouts
 - Cabbage
 - Cauliflower
 - Celery
 - Cherries (sour or tart)
 - Chives
 - Cilantro
 - Collard Greens
 - Cranberries & Ligonberries
 - Currants, black
 - Grapes & Grape juice (red)
 - Green Onions
 - Honey (minimally processed)
 - Horseradish & Wasabi
 - Hot Peppers
 - Iodine
 - Kale
 - Lemons & Limes
 - Melatonin
 - Mexican Oregano
 - Mushrooms (white button & related)
 - Mustard
 - Mustard Greens
 - Oats
 - Oranges & Tangerines
 - Parsley
 - Pomegranates & Pomegranate Juice
 - Radishes
 - Rice (black, red or purple)
 - Saffron
 - Turnips & Turnip Greens
 - Vitamin E
 - Walnuts & Walnut Oil
 - Watercress
 - Zinc
- Aspirin and Metformin also have both been shown to inhibit aromatase expression.

Foods that increase aromatase activity:

The following foods contain compounds that have been shown to increase aromatase activity, thereby increasing the production of estrogen. They should be limited or avoided by those with ER+ breast cancer.

- Alcohol
- Beef
- Meat or Fish (grilled, BBQ'd, or smoked)
- Lamb